**STRESS OR PHOBIA BLANKETY BLANKS..............**

* Divide the class into groups of four.
* Give each group one of the following topics - *Biological contributing factors, Psychological contributing factors, Socio-cultural contributing factors, Psychological management of specific phobias*
* Each group must generate approximately ten facts about their topic (this could be from their own knowledge or the text)
* Each group should then produce a paragraph by putting the facts into a logical order.
* Next, the group should remove a number of the words from the paragraph randomly to leave blank spaces. (The removed words or phrases can be jumbled up and added at the bottom of the page to act as clues - or not if that makes it too easy)
* The finished paragraphs should be photocopied and swapped with another group who must fill in the gaps.
* Once completed, the paragraphs are returned to the first group for marking.

**GROUP ESSAY WRITING – PHOBIAS**

This is an idea for an activity that can be happening throughout the lesson while students are working on other things........Open a new Word document with the following title at the top - **PSYCHOLOGICAL MANAGEMENT OF SPECIFIC PHOBIAS**

Ask for a student to volunteer to begin writing a class essay.   
Each student must take it in turns to add no more than 2 or 3 sentences to the essay.   
The student must type up their addition and save before ‘passing the baton’ to one of their class mates.   
The next student must then continue by adding their 2 or 3 sentences.   
This should continue throughout the lesson until every student has contributed.   
Then email the finished essay to every student.   
Their homework is to mark the essay using a mark scheme [provided by you] and bring it back to the next class (i.e. it must mention CBT, systematic desensitisation, and flooding and what each of these are etc).  
A whole class discussion should then take place about how the essay should be corrected to make it better.   
A volunteer can change the essay on the computer as the discussion unfolds.   
When all of the group are satisfied with the essay, it can be emailed out again so that each student has a copy for their notes.